

SUMMIT AT MILL HILL

Monthly Newsletter

July 2026



Meet Our Residents

Tom and Kris Clements, Apartment 217, joined the Summit community during the summer of 2024. But their story begins in Oneonta where they first met. Tom, an Upstater, was a senior when he met Kris, a freshman Long Island girl in 1970. They got married after Kris's junior year, with Tom continuing his Navy duty while Kris finished her degree.

After graduation, Kris found a teaching job in Schuylerville, where she taught elementary school for 30 years. Kris was known for whistling in the halls, goofy science hats and working with very diverse students. Her classes were known for performing terrific plays, and later on for presenting special Veterans' Appreciation events. After retiring from teaching, Kris spent 6 years as a Student Teaching Supervisor for Skidmore College, having formed a solid relationship with the Education Studies Department through hosting their student teachers for many years. Tom found a job in NYS government and also continued his Navy career during which he saw active service during three wars, Viet Nam, Desert Storm, and Iraqi Freedom, as well as participating in Sea Bee deployments and NATO exercises. Starting as a Seaman Recruit, he advanced to the rank of Commander before retiring. Tom's retirement gig was as a substitute school bus driver for Saratoga Springs schools for 13 years, specializing in driving sports teams to their games.

They made their home for over 40 years in Wilton, NY, just outside Saratoga Springs. There, they raised their three boys and hosted three exchange students. They enjoyed hiking, camping, loudly cheering at the boys' sporting events, and traveling with the family to the Rocky Mountains, the Great Smoky Mountains, Myrtle Beach, and even brought the whole family to Sweden. After the boys left home, Tom and Kris traveled further afield, taking cruises and visiting several countries in Europe, often with an emphasis on hiking. These days, they continue to enjoy traveling as well as spending most of the winter down south in Gulf Shores, Alabama. And let's not forget the 13 grandkids! Kris is the favorite babysitter of the local crew—you might see (or hear!) them when they come to use the pool—and they visit the gang in Pennsylvania often. Here at Summit, they can be found in the exercise classes most mornings, as well as enjoying dinners with friends in the Tavern, Happy Hour, and other activities.

Cheers to new friends and the good life here at Summit at Mill Hill!

Tom and Kris Clements

Staff



Community Manager

Janine Robinson
JRobinson@SummitSeniorLife.com

Resident Services Coordinator

Makenzie Grant
MGrant@SummitSeniorLife.com

Maintenance

Roman Early
Andrews Asante
Joe Falace

Concierge

Taneesha Martin
Sue Purga

Office Phone

518-941-8871

The Summit at Mill Hill
2 Mill Hill Court
Guilderland, NY 12159
www.summitatmillhill.com

Community Activities

July Birthdays

Genie Storch - 07/02
Sylvia Reynolds - 07/03
Don Van Steele - 07/14
Larry Rapant - 07/16
Alice Mueller - 07/17
Bev Harrington - 07/19
Marlene Williams - 07/20
Kristine Clements - 07/26
Henry Mueller - 07/31



Central Park — ROSE GARDEN —

“Experience the breathtaking delight of strolling among over 2,000 rose bushes, enjoy our tiered center fountain, cross over a babbling brook or simply sit listening to birdsong by the upper pond.”

We will visit the Central Park Rose Garden on Monday, 7/6 with 10:00am departure from Mill Hill!

Please sign up in the Great Room binder.



WE'RE HAVING A COOK OUT!

**JOIN US FOR A GOOD OLD TRADITIONAL
COOKOUT FOR INDEPENDENCE DAY!**

**THURSDAY, JULY 2ND AT 4:30PM IN THE
GREAT ROOM/ON THE PATIO!**

**WE WILL BE SERVING UP SOME FAVORITE
COOKOUT STAPLES SUCH AS HOT DOGS &
HAMBURGERS! WE HOPE TO SEE YOU THERE!**

**IF YOU PLAN TO ATTEND OUR COOKOUT,
PLEASE SIGN UP IN THE GREAT ROOM BINDER.**

**IF YOU'D LIKE TO CONTRIBUTE, WE WELCOME
DESSERTS TO SHARE WITH FELLOW RESIDENTS.**

THANK YOU!



JIM HOFFMAN — CLASSIC ROCK KEYBOARDIST —

WEDNESDAY, 7/8 AT 4:30PM IN THE GREAT ROOM!



**PLAYING CLASSIC HITS FROM THE
60s • 70s • 80s AND BEYOND**

The Kindness of Strangers Presentation by Kate Dudding

Kate Dudding will be sharing stories that just may restore your faith in human goodness.

The stories tell of the Gershwins meeting a new Broadway singer; many kind strangers that Kate's family met in Paris; an interfaith fundraiser; the thousands who helped in the aftermath of the Oklahoma bombing; and more.

**Friday, 7/10, at 1:00pm
in the Great Room!**



S	M	T	W	TH	F	S
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Continental Breakfast Hours Monday–Friday 8:30am–10:30am Saturday–Sunday 9:00am–11:00am	1 9:00am Communion Service - CH 11:00am Resident Grocery Shopping 11:00am-1:00pm Seniors Connect at the Guilderland Library 4:00pm Happy Hour - GR	2 8:30am Bocce - PAV 1:00pm Canasta - TAV 4:30pm Independence Day BBQ	3 10:00am Walmart Shopping Trip 10:30am Cribbage/Games - TAV 7:00pm Bingo - GR	
5 12:00pm Movie: Resident's Choice - MOV	6 10:00am Departure to the Schenectady Rose Garden 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR * July Supper Club Order Forms Due by 11:00am *	7 8:30am Bocce - PAV 2:00pm Scrabble - TAV 7:00pm Tuesday Night Movie: Claire's Knee - MOV 7:00pm Card Game Night - GR	8 9:00am Communion Service - CH 11:00am Resident Grocery Shopping 11:00am-1:00pm Seniors Connect at the Guilderland Library 4:00pm Happy Hour - GR 4:30pm Musical Performance by Jim Hoffman - GR	9 8:30am Bocce - PAV 3:00pm Canasta - TAV 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	10 10:30am Cribbage/Games - TAV 1:00pm Kindness of Stranger Presentation with Kate Dudding - GR *Pool is closed for maintenance after last scheduled class*	11 9:00am Mill Hill Round Table - TAV 9:30am Bocce - PAV 12:00pm Movie: Green Book - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
12 12:00pm Movie: Resident's Choice - MOV	13 10:00am Faith Based Discussion - LIB 1:00pm PRN's 2026 Summer Olympics with Denise - GR 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	14 8:30am Bocce - PAV 2:00pm Team Tavern Trivia - TAV 5:00pm Paesan's Pizza Supper Club - TAV 7:00pm Tuesday Night Movie: Summertime - MOV 7:00pm Card Game Night - GR	15 9:00am Communion Service - CH 11:00am Resident Grocery Shopping 11:00am-1:00pm Seniors Connect at the Guilderland Library 4:00pm Happy Hour - GR	16 8:30am Bocce - PAV 2:00pm Pursuing Peace Program with Clara Simon & Ira Lobel - GR 3:15pm Men's Shuffleboard - GMR	17 9:00am Departure to the Fenimore Art Museum Outing 10:30am Cribbage/Games - TAV 7:00pm Bingo - GR	18 9:00am Mill Hill Round Table - TAV 9:30am Bocce - PAV 12:00pm Movie: Mrs. Harris Goes to Paris - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
19 12:00pm Movie: Resident's Choice - MOV	20 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	21 8:30am Bocce - PAV 2:00pm Scrabble - TAV 7:00pm Tuesday Night Movie: Summer of '42 - MOV 7:00pm Card Game Night - GR	22 9:00am Communion Service - CH 11:00am Resident Grocery Shopping 11:00am-1:00pm Seniors Connect at the Guilderland Library 4:00pm Happy Hour - GR 4:30pm Musical Performance by Guitarist Tim Barker - GR	23 8:30am Bocce - PAV 1:00pm Revolutionary Schenectady Presentation - GR 3:00pm Canasta - TAV 3:15pm Men's Shuffleboard - GMR 5:00pm Supper Club with Chef Mickey - TAV	24 10:30am Cribbage/Games - TAV 8:00pm Fireside Friday - Patio	25 9:00am Mill Hill Round Table - TAV 9:30am Bocce - PAV 12:00pm Movie: Wild Mountain Thyme - MOV 2:00pm Mexican Train - GR 7:00pm Game Night - GR
26 12:00pm Movie: Resident's Choice - MOV	27 1:00pm Ice Cream Social with Healthcare Advocate Chris Szady - GR 2:00pm Mah Jongg - TAV 3:00pm Knitting & Crocheting - GR 6:30pm Eight Ball - GMR	28 8:30am Bocce - PAV 2:00pm Scrabble - TAV 7:00pm Tuesday Night Movie: 500 Days of Summer - MOV 7:00pm Card Game Night - GR	29 9:00am Communion Service - CH 11:00am Resident Grocery Shopping 11:00am-1:00pm Seniors Connect at the Guilderland Library 3:00pm Book Club - LIB 4:00pm Happy Hour - GR	30 8:30am Bocce - PAV 12:00pm - 3:00pm AARP Smart Driver Course - GR 3:15pm Men's Shuffleboard - GMR	31 10:30am Cribbage/Games - TAV 12:00pm - 3:00pm AARP Smart Driver Course - GR 7:00pm Bingo - GR	Black: Games and Organized Groups Red: Happy Hour, Celebrations and Entertainment Green: Outings Blue: Opera or Movies Purple: Presentations and Classes
	Every Monday 8:30am Aqua Fitness (P) 9:30am Strength & Balance (FS) 10:30am Total Body Combo (FS) 7:00pm Relaxation Yoga (YS)	Every Tuesday 9:00am Stretch & Flex (FS) 10:00am Stretch & Flex (FS) 11:00am Hydro Riders (P)	Every Wednesday 10:45am Sit to be Fit (FS) 11:45am Aqua Fitness (P)	Every Thursday 9:00am Chair Pilates (FS) 10:00am Water Balance (P) 11:00am Chair Pilates (FS)	Every Friday 8:45am Aqua Fitness (P) 11:00am Line Dancing - (GR)	CONNECTED life  FITNESS

Community Activities

Be a part of PRN's 2026 Summer Olympics!

Come for competition, prizes, laughs, and refreshments!



Monday, 7/13 at 1:00pm in the Great Room

Please sign up in Great Room Binder for this event

TEAM TAVERN TRIVIA WITH

PRIZES

MARK HERSH



Tuesday, 7/14 at 2:00PM

in Mill Hill's Tavern

Please sign up in the Great Room binder



Pursuing Peace with Clara Simon **from the Bethlehem Chabad!**

Join Clara Simon from the Bethlehem Chabad, along with Ira Lobel, an experienced Federal labor mediator, and independent arbitrator, for a discussion on learning, and practicing skills for peaceful dialogue and conflict resolution.

All are welcome to join!

Thursday, 7/16 at 2:00pm in the Great Room

Please sign up in the Great Room binder

Take a trip to see the Fenimore Art Museum!



Friday, 7/17 with 9:00am departure.

"The Fenimore Art Museum is a museum located in Cooperstown, New York on the west side of Otsego Lake. Collection strengths include the Eugene and Clare Thaw Collection of American Indian Art, American fine and folk art, 19th and early 20th century photography, as well as rare books and manuscripts." Come along to check it out!

While you're here, enjoy the delicious offerings of the Brimstone Bakery in the beautiful lakeside setting of the Fenimore Art Museum

Residents will pay their admission at the Museum.

Adult (20-64) - \$30.00 or Senior (65+) - \$22.50

Please sign up in the Great Room to go on this trip.

12 residents max, thank you

PERFORMANCE BY GUITARIST, TIM BARKER!

**Wednesday, 7/22 at 4:30pm
in the Great Room**



Community Activities

Historian Michael Diana Presents Revolutionary Schenectady: The Local War for Independence

Join us for a presentation in commemoration of the United States 250th anniversary!

"The American Revolution marked the birth of a new nation and changed world history as we know it. What is less well known is how the War of Independence was shaped by local people and events. In this presentation, we'll discuss how Schenectady entered into and navigated the chaos of the Revolution. We'll highlight individual stories to bring the history to life."

Thursday, 7/23 at 1:00pm in the Great Room

★ Please sign up in the Great Room binder ★



AARP®

SMART DRIVER COURSE

**Refresh Your Driving Skills &
Save 10% on Your Insurance!**

Join us at Summit at Mill Hill for the AARP Smart Driver Course, led by Dr. Daniel Lewicki.

This comprehensive program is specifically designed for drivers aged 50+ to sharpen safety skills and stay current with the rules of the road.

Dates: July 30 & July 31, 2026

Time: 12:00 PM – 3:00 PM (each day)

Location: The Great Room

Completion of this two-day course qualifies you for a 10% reduction on your auto and motorcycle insurance premiums for three consecutive years!

Cost: \$25 for AARP members | \$30 for non-members
(Checks payable to "AARP").

What to bring: A pen, your driver's license, and your
AARP card (if applicable).

Arrival: Please arrive 15 minutes early for registration.

Register Today:

Contact Makenzie Grant at 518-941-8871 by 7/29.
Payment is also due by this date.

Ice Cream Social

WITH HEALTHCARE ADVOCATE
CHRIS SZADY

MONDAY, 7/27 AT 1:00PM
IN THE GREAT ROOM

PLEASE SIGN UP IN THE
GREAT ROOM BINDER



Fireside Friday

Wrap up your week at Fireside Friday! Join around the fire while enjoying a light snack, refreshments, and friendly conversation with your neighbors in a relaxed outdoor setting!

Friday, 7/24 at 8:00pm on the Patio

Please sign up in the Great Room if you plan
on attending Fireside Friday. Thank you!

Concierge Services

CONTINENTAL BREAKFAST

In the Great Room, weekdays 8:30—10:30,
9:00—11:00 Saturdays & Sundays.

We are happy to offer a continental breakfast to our residents (with the exception of holidays when the office is closed). Start your morning off right with a healthy breakfast while enjoying each other's company.



On-Site Podiatrist Dr. Michael Masias, DPM

Visits the second Wednesday of every month

To make your appointment, sign up in the Great Room!
He will visit your apartment for your scheduled appointment. For any questions, please call
Dr. Masias at (518)-320-8659.

Wednesday Grocery Shopping

Join Mill Hill on our grocery shuttle!

On Wednesdays, we depart from Mill Hill at 11:00am to go to our local Market 32. On the first Friday of every month, we depart to Walmart at 10:00am. Residents must gather in the Lobby 5 minutes before departure. Thank you!

Walmart  **MARKET** 

Medical Appointment Shuttle

Every Tuesday & Thursday we provide transportation to routine medical appointments within a 10 mile radius.

This service is available between the hours of 9:00 and 2:00.

Please call the office one week in advance to reserve your appointment time.



SupperClub

Thursday, July 9th

Chef Mickey - Served at 5:00pm in Tavern
Chicken Cordon Bleu Sandwich Dinner **\$16**

Tuesday, July 14th

Paesan's Pizza - Served at 5:00pm in Tavern
Enjoy two slices of pizza for **\$5** (See order form)

Thursday, July 23rd

Chef Mickey - Served at 5:00pm in Tavern
Herb Grilled Chicken Breast Dinner **\$16**

For full description of meals, please see your monthly Supper Club order form. Due to office lockbox by 7/6.



PRN

PT OT & SLP PLLC
Rehabilitation Services
an affiliate of The Weston Healthcare Group

**PRN Staff Contact
Information
716-255-3674**

Denise Bilka, Physical Therapy
Jaclyn Gregg, Speech Therapy
Noelle Kuhl, Occupational Therapy
Stephanie Brown, Speech-Language Pathologist
SummitMillHill_NY85@prnphysicaltherapy.com



Gift Certificates Available



Hair Stylist - Paula 518-361-5629
Massage Therapist - Charlene 518-813-3347
Nail Technician - Adrianna 518-801-7397
By Appointment